

STATE OF DELAWARE Life Lines

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for their employees and families

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"An ounce of prevention is worth a pound of cure."

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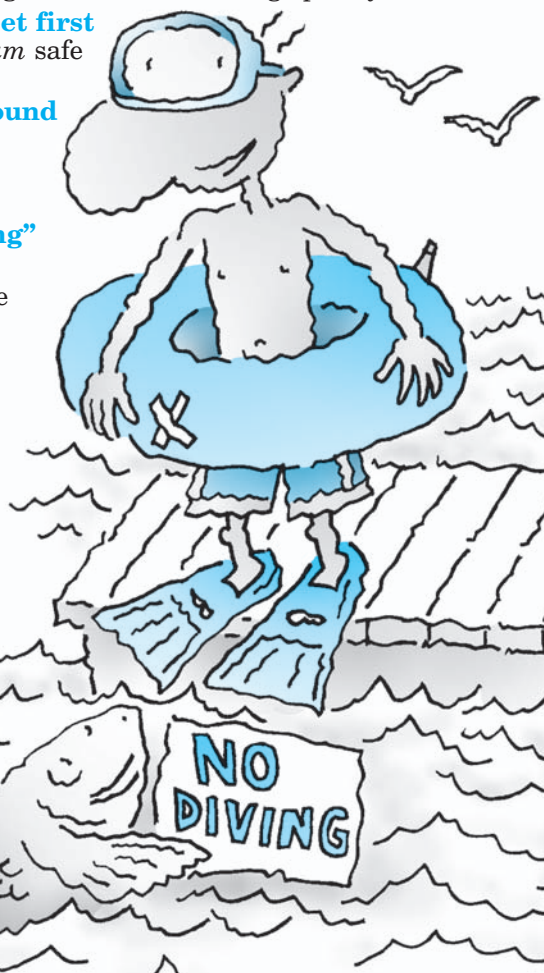
THIS SUMMER

Before you dive in

For fitness and fun, swimming is one of summer's top activities. But before you dive in, remember these safety tips. Diving accidents are a leading cause of head, neck, and spinal cord injuries — and 90% of all diving injuries result in quadriplegia (both arms and legs paralyzed).

- **Always get into the water feet first to test the depth.** The *minimum* safe depth is nine feet.
- **Never dive into an above-ground swimming pool.**
- **Avoid diving from the sides of a pool.**
- **Look for and obey "No Diving" signs.**
- **Use a diving board only if** the areas in front of, below, and to the sides of the board are deep enough that you will not strike the bottom, regardless of the depth of the water.
- **Check for rocks, glass, and other sharp objects before diving** into a lake or river.
- **Don't drink and swim or dive.** Alcohol impairs your judgment and coordination.

Sources: American Red Cross;
ThinkFirst, the National Injury
Prevention Foundation



Keep your hat on

One of the greatest threats to your eyes is **invisible**. Long-term exposure to ultraviolet radiation from the sun can damage your eyes and lead to vision loss.

Everyone is at risk, including children.

Whenever you're outdoors, protect your eyes with a wide-brimmed hat and sunglasses that block UV light, advises the American Academy of Ophthalmology.

And even if you're wearing a hat and sunglasses, protect your skin with sunscreen that has an SPF of at least 15.

Plastic surgery



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